

# SEPTEMBER 2021

## Elementary Schools

### LUNCH



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

6

**NO SCHOOL!**

Cheeseburger & Chips

Baby Carrots & Dip  
Applesauce

7

Pizza Sticks & Dipping  
Sauce

Baby Carrots & Dip  
Grapes

1

Lasagna Roll Ups &  
Breadstick

Side Salad  
Fruit Cup

8

Early Dismissal!

2

Managers Choice  
Assorted Fruits & Veggies

**NO SCHOOL!**

3

Popcorn Chicken &  
Dinner Roll

French Fries  
Banana

9

French Bread Pizza  
Assorted Fruit & Veggies  
Sidekick Fruit Slush

10

Corn Dog  
Steamed Broccoli  
Fruit Cup

13

Chicken Nuggets &  
Dinner Roll  
Mashed Potatoes  
Apple Slices

14

Hot Dog & Mac N'  
Cheese  
Baby Carrots & Dip  
Grapes

15

Orange Chicken & Fried  
Rice  
Pepper Strips & Dip  
Applesauce

16

Pizza Sticks & Dipping  
Sauce  
Assorted Fruit & Veggies

17

Chicken Patty  
Green beans  
Applesauce

20

**TACO TUESDAY**  
Walking Tacos  
Refried Beans  
Fruit Cup

21

Chicken Tenders &  
Dinner Roll  
French Fries  
Banana

22

Meatball Sub  
Steamed Carrots  
Apple slices

23

French Bread Pizza  
Assorted Fruit & Veggies  
Sidekick Fruit Slush

24

Popcorn Chicken &  
Dinner Roll  
Baby Carrots & Dip  
Fruit Cup

27

Lasagna Roll Ups &  
Breadstick  
Side Salad  
Apple slices

28

Brunch for Lunch!  
French Toast & Hash  
browns  
Banana & Juice

29

Grilled Ham & Cheese  
Croissant  
Steamed Broccoli  
Grapes

30

Pizza Sticks & Dipping  
Sauce  
Assorted Fruits & Veggies

1

*This institution is an equal opportunity provider.*